

# Child and Adult Care Food Program

## Meal Pattern Requirements for Children

Meal Components	Ages 1-2	Ages 3-5	Ages 6-12
<b>Breakfast:</b>			
• Milk, Fluid <sup>1</sup>	$\frac{1}{2}$ cup (4 ounces)	$\frac{3}{4}$ cup (6 ounces)	1 cup (8 ounces)
• Juice or Fruit or Vegetable <sup>2</sup>	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
• Bread or Bread alternate or	$\frac{1}{2}$ slice	$\frac{1}{2}$ slice	1 slice
• Cornbread, biscuits, rolls, muffins, etc.	$\frac{1}{2}$ serving	$\frac{1}{2}$ serving	1 serving
• Cereal, cold dry <sup>3</sup>	$\frac{1}{4}$ cup or $\frac{1}{3}$ ounce	$\frac{1}{3}$ Cup or $\frac{1}{2}$ ounce	$\frac{3}{4}$ cup or 1 ounce
• Cereal, hot cooked	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup
• Noodles, Pasta, or Noodles Products	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup
<b>Supplement (Snack):</b> (Select 2 of the 4 components)			
• Milk, Fluid <sup>1</sup>	$\frac{1}{2}$ cup (4 ounces)	$\frac{1}{2}$ cup (4ounces)	1 cup (8 ounces)
• Juice or fruit or vegetable <sup>2</sup>	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup
• Meat or Meat Alternate	$\frac{1}{2}$ ounce	$\frac{1}{2}$ ounce	1 ounce
• Cheese	$\frac{1}{2}$ ounce	$\frac{1}{2}$ ounce	1 ounce
• Egg (large)	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$
• Cooked dry beans or dry peas	$\frac{1}{8}$ cup	$\frac{1}{8}$ cup	$\frac{1}{4}$ cup
• Peanut Butter or other nut or seed butters	1 TBSP	1 TBSP	2 TBSP
• Nuts and/or seeds <sup>5</sup>	$\frac{1}{2}$ ounce <sup>4</sup>	$\frac{1}{2}$ ounce <sup>4</sup>	1 ounce
• Yogurt, plain or sweetened <sup>4</sup>	2 ounces	2 ounces	4ounces
• Bread or bread alternate including	$\frac{1}{2}$ slice	$\frac{1}{2}$ slice	1 slice
• Cereal, cold dry	$\frac{1}{4}$ cup or $\frac{1}{3}$ ounce	$\frac{1}{3}$ cup or $\frac{1}{2}$ ounce	$\frac{3}{4}$ cup or 1 ounce
• Cereal, hot cooked	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup
• Cooked pasta or noodle products	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup
<b>Lunch or Supper<sup>4</sup>:</b>			
• Milk, fluid <sup>1</sup>	$\frac{1}{2}$ cup (4 ounces)	$\frac{3}{4}$ cup (6 ounces)	1 cup (8 ounces)
• Meat or poultry or fish	1 ounce	1 $\frac{1}{2}$ ounces	2 ounces
• Or Egg	1	1	1
• Or Cheese	1 ounce	1 $\frac{1}{2}$ ounces	2 ounces
• Or cooked dry beans or dry peas	$\frac{1}{4}$ cup	$\frac{3}{8}$ cup	$\frac{1}{2}$ cup
• Or Peanut Butter and other "Butters"	2 TBSP	3 TBSP	4 TBSP
• Or Nuts and Seeds <sup>5</sup>	$\frac{1}{2}$ ounce <sup>4</sup>	$\frac{3}{4}$ ounce <sup>4</sup>	1 ounce
• Or Yogurt <sup>4</sup>	4 ounces	6 ounces	8 ounces
• Vegetables and/or fruits or juice (2 or more total)	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup
• Bread or bread alternate	$\frac{1}{2}$ serving or $\frac{1}{2}$ slice	$\frac{1}{2}$ serving or $\frac{1}{2}$ slice	1 serving or 1 slice
• Cooked cereal grains	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup
• Cooked pasta or noodle products	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup

\*Note: Drinking water must be made available to children at all times including at meal times, but it is not part of the reimbursable meal and may not be served in lieu of fluid milk.

<sup>1</sup> Milk served to 1 year old children must be whole milk or 2%. Milk served to children age 2 and older, must be fat-free (skim) or low-fat (1%).

<sup>2</sup>IF YOU ARE SERVING JUICE: Try not to serve juice to meet the fruit/vegetable requirement too many times throughout the day. It may fill up the children and take the place of other needed nutrients.

<sup>3</sup> Cup measurement is volume, ounce measurement is weight, whichever is less.

<sup>4</sup> Yogurt is permitted as a meat/meat alternate. Four ounces ( $\frac{1}{2}$  cup) of yogurt fulfills the equivalent of 1 ounce of meat/meat alternate.

<sup>5</sup> Nuts and seeds may be credited towards meeting only 50% of the meat/meat alternate requirement. Nuts and seeds are NOT recommended for children under 4 years of age. 1 ounce of nuts or seeds = 1 ounce of cooked lean meat.